

"A computer based training system and method"

- 5 A computer based training system (1) resides on a server and allows a conventional client computer such as a PC to be used by a student to conduct a course. Information resource (30), content (37), and navigation (31) frames are generated by associated frame programs which operate independently. An Applet control program (32) is a frame program establishing a hidden frame. It receives requests
10 from the information, content, and navigation frame programs and parses an XML content data file to take the necessary actions for progress through the course. The navigation frame program updates progress variables.